



Child's name _____ Date _____
 Age _____ Relationship to child _____

M-CHAT-R™ (Modified Checklist for Autism in Toddlers Revised)

Please answer these questions about your child. Keep in mind how your child usually behaves. If you have seen your child do the behavior a few times, but he or she does not usually do it, then please answer **no**. Please circle **yes** or **no** for every question. Thank you very much.

- | | | |
|--|-----|----|
| 1. If you point at something across the room, does your child look at it?
(FOR EXAMPLE , if you point at a toy or an animal, does your child look at the toy or animal?) | Yes | No |
| 2. Have you ever wondered if your child might be deaf? | Yes | No |
| 3. Does your child play pretend or make-believe? (FOR EXAMPLE , pretend to drink from an empty cup, pretend to talk on a phone, or pretend to feed a doll or stuffed animal?) | Yes | No |
| 4. Does your child like climbing on things? (FOR EXAMPLE , furniture, playground equipment, or stairs) | Yes | No |
| 5. Does your child make <u>unusual</u> finger movements near his or her eyes?
(FOR EXAMPLE , does your child wiggle his or her fingers close to his or her eyes?) | Yes | No |
| 6. Does your child point with one finger to ask for something or to get help?
(FOR EXAMPLE , pointing to a snack or toy that is out of reach) | Yes | No |
| 7. Does your child point with one finger to show you something interesting?
(FOR EXAMPLE , pointing to an airplane in the sky or a big truck in the road) | Yes | No |
| 8. Is your child interested in other children? (FOR EXAMPLE , does your child watch other children, smile at them, or go to them?) | Yes | No |
| 9. Does your child show you things by bringing them to you or holding them up for you to see – not to get help, but just to share? (FOR EXAMPLE , showing you a flower, a stuffed animal, or a toy truck) | Yes | No |
| 10. Does your child respond when you call his or her name? (FOR EXAMPLE , does he or she look up, talk or babble, or stop what he or she is doing when you call his or her name?) | Yes | No |
| 11. When you smile at your child, does he or she smile back at you? | Yes | No |
| 12. Does your child get upset by everyday noises? (FOR EXAMPLE , does your child scream or cry to noise such as a vacuum cleaner or loud music?) | Yes | No |
| 13. Does your child walk? | Yes | No |
| 14. Does your child look you in the eye when you are talking to him or her, playing with him or her, or dressing him or her? | Yes | No |
| 15. Does your child try to copy what you do? (FOR EXAMPLE , wave bye-bye, clap, or make a funny noise when you do) | Yes | No |
| 16. If you turn your head to look at something, does your child look around to see what you are looking at? | Yes | No |
| 17. Does your child try to get you to watch him or her? (FOR EXAMPLE , does your child look at you for praise, or say “look” or “watch me”?) | Yes | No |
| 18. Does your child understand when you tell him or her to do something?
(FOR EXAMPLE , if you don't point, can your child understand “put the book on the chair” or “bring me the blanket”?) | Yes | No |
| 19. If something new happens, does your child look at your face to see how you feel about it?
(FOR EXAMPLE , if he or she hears a strange or funny noise, or sees a new toy, will he or she look at your face?) | Yes | No |
| 20. Does your child like movement activities?
(FOR EXAMPLE , being swung or bounced on your knee) | Yes | No |

Ht:

Date:

Wt:

Head:

2 YEAR VISIT

Since when did you have a TWO YEAR OLD? Wow, how time flies! Remember, the “Terrible Twos” is normal and the sign of a healthy, thriving child! Sometimes, most times rather, it’s really hard to remember that . . .

Development

1. **Potty Training:** I like the term “Potty Encouraging.” Your child will figure it out all on her own. You just need to be there to encourage her and offer the potty. Some signs that she may be ready:
 - Does your child stay dry during naps?
 - Does your child have special words for urination and/or bowel movements?
 - Does your child recognize that she has gone or is about to go?
 - Is she eager to watch you go? Great! Let her!
2. Your two year old should have friends that he likes to play with, and they like to play with him.
3. Some two years olds may no longer take naps. Ugh. Turn naps into “quiet time” if that last nap is dropped some time over the course of this year.
4. Bedtime rituals are more important than ever to encourage healthy sleep.
5. Offering choices and putting your two year old “in charge” of decision-making goes a long way towards preventing confrontation. “Red shoes or blue shoes?” “Turkey or ham?” “Bath before dinner or after?”

Injury Prevention

1. You can now turn the car seat around. It is best to keep your child in a five-point restraint car seat for as long as you can. Most seats go up to 60-100 lbs, so don’t move to a booster until as old as possible. Get your new car seat inspected as riding in the car is the most dangerous thing your child does every day.
2. Water and choking remain significant risks to your two year old.
3. Read the handouts on water safety and playground safety.
4. Keep firearms unloaded in a locked case. Keep ammunition stored separately.
5. Teach your child about the dangers of chasing a pet or a ball into the street. **DO NOT** depend on your child to remember these instructions. Closely supervise children near roads.
6. Teach your child not to approach or pet strange animals, especially when the animal is eating.
7. Begin to talk to your child about not following strangers and about not accepting touching they do not like by others. Do not make your child hug or kiss people when they do not want to. Play “what if” games to teach your child about dealing with strangers. For example, “what if someone wanted you to help them look for a puppy in the woods?” See what your child would do. Teach your child what he/she should do in these situations. Teach them where their “private parts” are and that private parts are *private*.

Nutrition

1. It’s best to focus on what your two year old eats over the course of a week. If you worry about the day-to-day, meals will become more and more frustrating. Realize that toddlers will eat great one day and then nothing the next.
2. Almost all toddlers eat enough calories to grow. If you worry about their nutrition, then use a daily vitamin so you can stop worrying.

Next Visit

The next appointment will be in 6 months, around the 30 month mark.

No more “mean visits” for some time: no blood work until age five and no more scheduled vaccines until age four. Well, except an annual Flu Shot.

Don’t hesitate to call with any questions or concerns.

Take advantage of walk-in clinics and Saturday hours if needed. We can do xrays and simple stitches if needed.

Playground Safety



Each year, about 200,000 children get hurt on playground equipment with injuries serious enough to need treatment in the emergency department. About 15 children die each year from playground injuries. While many of these injuries happen on home equipment, most occur at school and public playgrounds.

Read on to find out how you can tell if the playground equipment at your home or child's school or in your neighborhood is as safe as possible.

How are children injured?

Most playground injuries occur when children fall off tall equipment like monkey bars. Other injuries happen when children

- Trip over equipment
- Get hit by equipment, such as a swing
- Get bruises, scrapes, or cuts from sharp edges

Some injuries, such as head injuries, can be serious or even fatal.

Other injuries may include broken bones, sprains, and wounds to the teeth and mouth.

How to prevent playground injuries

To check if play equipment is safe, ask yourself the following questions:

- Is the equipment the right size? For example, smaller swings are for smaller children and can break if larger children use them.
- Is the play equipment installed correctly and according to the manufacturer's directions?
- Can children reach any moving parts that might pinch or trap any body part?
- What's underneath the equipment? The best way to prevent serious injuries is to have a surface that will absorb impact when children land on it. This is especially needed under and around swings, slides, and climbing equipment. (See "What are safer surfaces?").
- Is wooden play equipment free of splinters and nails or screws that stick out?

Here are some other things to check for.

Climbing structures

- Platforms higher than 30 inches above the ground intended for use by school-aged children should have guardrails or barriers to prevent falls.
- Vertical and horizontal spaces should be less than 3½ inches wide or more than 9 inches wide. This is to keep a small child's head from getting trapped.
- Rungs, stairs, and steps should be evenly spaced.
- Round rungs to be gripped by young hands should be about 1 to 1½ inches in diameter.

Slides

- Slides should be placed in the shade or away from the sun. Metal slides can get very hot from the sun and burn a child's hands and legs. Plastic slides are better because they do not get as hot, but they should still be checked before using.
- Slides should have a platform with rails at the top for children to hold. There should be a guardrail, hood, or other device at the top of the slide that requires the child to sit when going down the slide. Open slides should have sides at least 4 inches high.
- Make sure there are no rocks, glass, sticks, toys, debris, or other children at the base of a slide. These could get in the way of a child landing safely. The cleared area in front of the slide should extend a distance equal to the height of the slide platform, with a minimum of 6 feet and a maximum of 8 feet cleared.

Swings

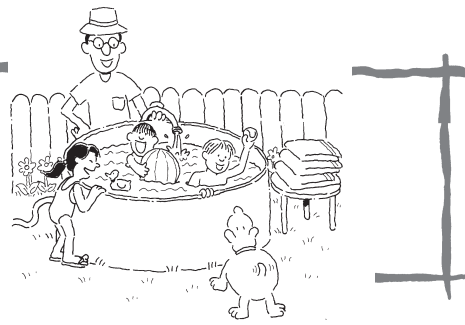
- Swings should be clear of other equipment. Make sure there is a distance in front of and behind a swing that is twice the height of the suspending bar.
- Swing seats should be made of soft materials such as rubber, plastic, or canvas.
- Make sure open or "S" hooks on swing chains are closed to form a figure 8.
- Walls or fences should be located at least 6 feet from either side of a swing structure.
- Swing sets should be securely anchored according to the manufacturer's instructions to prevent tipping. Anchors should be buried deep enough so that children can't trip or fall over them.
- Swings should not be too close together. There should be at least 24 inches between swings and no more than 2 seat swings (or 1 tire swing) in the same section of the structure.

Remember, even with these measures, children still need to be watched closely while they are playing.

The danger of wearing drawstrings and bicycle helmets on playground equipment

Drawstrings on clothing and bicycle helmets can strangle a child if they get caught on playground equipment. The best way to prevent this is to take drawstrings off jackets, shirts, and hats and shorten drawstrings on coats and jackets. Bicycle helmets should be worn while riding a bicycle, but *not* while playing on playground equipment.

A Parent's Guide to Water Safety



Drowning is one of the top causes of injury and death in children. Children can drown in pools, rivers, ponds, lakes, or oceans. They can even drown in a few inches of water in bathtubs, toilets, and large buckets.

The following is information from the American Academy of Pediatrics (AAP) about how to keep your children safe in or around water.

Water safety at home

Parents need to keep a close eye on infants and young children, especially as they learn to crawl. *To keep your child safe, make sure you*

- **Never leave your child alone in the bathtub—even for a moment.**

Many bathtub drownings happen (even in a few inches of water) when a parent leaves a small child alone or with another young child. Also, bath seats are just bathing aids. Bath seats can tip over and your child can slip out of them, so they won't prevent drowning.

- **Empty water from containers, such as large pails and 5-gallon buckets, immediately after use.**
- **Keep bathroom doors closed.** Install doorknob covers or a hook-and-eye latch or other lock that is out of the reach of your small child.
- **Keep toilets closed.** Always close the toilet lid, and consider using a toilet lid latch.

Water safety at the pool

An adult should actively watch children at all times while they are in a pool. For infants and toddlers, an adult should be in the water and within arm's reach, providing "touch supervision." For older children, an adult should be paying constant attention and free from distractions, like talking on the phone, socializing, tending to household chores, or drinking alcohol. The supervising adult must know how to swim.

Pool rules

If you have a pool, insist that the following rules are followed:

- Keep toys away from the pool when the pool is not in use.
- Empty small blow-up pools after each use.
- No tricycles or other riding toys at poolside.
- No electrical appliances near the pool.
- No diving in a pool that is not deep enough.
- No running on the pool deck.

Pool fences

Children can climb out a window, climb through a doggy door, or sneak out a door to get to the backyard and the pool. To prevent small children from entering the pool area on their own, there should be a fence that completely surrounds the pool or spa. Combined with the watchful eyes of an adult, a fence is the best way to protect your child and other children who may visit or live nearby.

Pool fences should also

- Be climb-resistant and not have anything alongside them (such as lawn furniture) that can be used to climb them.
- Be at least 4 feet high and have no foot-holds or handholds that could help a child climb them.

- Have no more than 4 inches between vertical slats. Chain-link fences are very easy to climb and are not recommended as pool fences. If they must be used, the diamond shape should not be bigger than 1¾ inches.
- Have a gate that is well maintained and is self-closing and self-latching. It should only open away from the pool. The latches should be higher than a child can reach—54 inches from the bottom of the gate.
- For above-ground pools always keep children away from steps or ladders. When the pool is not in use, lock or remove ladders to prevent access by children.

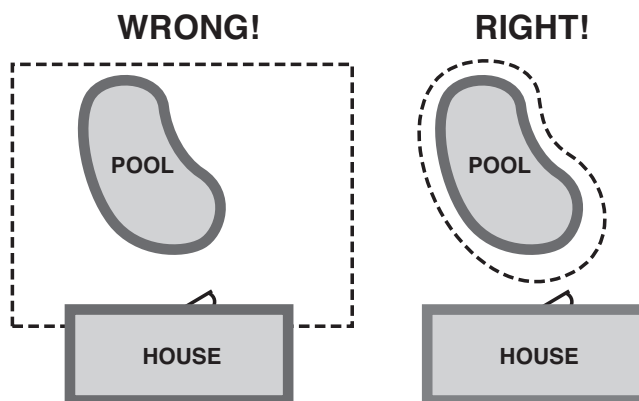
Other protection products, when used with an "isolation" fence, may be of some benefit; however, these are not substitutes for adequate fencing. These may include the following:

- Automatic pool covers (motorized covers operated by a switch). Pool covers should cover the entire pool so that a child can't slip under them. Make sure there is no standing water on top of the pool cover. Be aware that floating solar covers are *not* safety covers.
- Door alarms.
- Doors to the house that are self-closing or self-latching.
- Window guards.
- Pool alarms.

Swimming lessons

Children need to learn to swim. The AAP supports swimming lessons for most children 4 years and older and for children 1 to 4 years of age who are ready to learn how to swim. Keep in mind that because children develop at different rates, each child will be ready to swim at her own time. Also, swimming lessons do not provide "drown-proofing" for children of any age, so supervision and other layers of protection are necessary—even for children who have learned swimming skills.

Some factors you may consider before starting swimming lessons for younger children include frequency of exposure to water, emotional maturity, physical limitations, and health concerns related to swimming pools (for



A fence should completely surround the pool, isolating it from the house.